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Sleep Tracker Ring Vs Near Me

John Toner



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Technosleep Catherine Coveney, Michael Greaney, Eric L. Hsu, Robert Meadows, Simon J. Williams, 2023-06-25 This book draws on a variety of substantive examples from science technology medicine literature and popular culture to highlight how a new technoscientifically mediated and modified phase and form of technosleep is now in the making in the global north at least and to discuss the consequences for our relationships to sleep the values we accord sleep and the very nature and normativities of sleep itself The authors discuss how technosleep at its simplest denotes the coming together or entanglements of sleep and technology and sensitizes us to various shifts in sleep technology relations through culture time and place In doing so it pays close attention to the salience and significance of these trends and transformations to date in everyday night life their implications for sleep inequalities and the related issues of sleep and social justice they suggest

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Wellness by Instinct. The Power of Discipline and Intuition Mila Maurus, 2025-06-03 Mila Maurus is a professional chef trained at the prestigious Le Cordon Bleu and an entrepreneur dedicated to promoting health and wellness With a passion for mindful eating and sustainable living she has led vegan cooking classes for both adults and children sharing her knowledge to inspire healthier lifestyles Mila has also studied at the College of Naturopathic Medicine CNM and the Institute for Integrative Nutrition UN gaining a deep understanding of

holistic health Additionally she is certified in Neuro Linguistic Programming NLP having trained under its founders Richard Bandler and John Grinder Mila is the co founder of Eatingo a nutrition coaching app and Fitingo a fitness app both aimed at helping people live their healthiest lives Her book WELLNESS BY INSTINCT THE POWER OF DISCIPLINE AND INTUITION delves into the balance of mindful eating self discipline and intuition offering practical insights for those looking to transform their wellness journey

Wearable Technology in Elite Sport John Toner, 2023-08-15 Wearable devices are being used by an increasing number of elite level sports teams to manage and control the health performance and productivity of their athletes Drawing upon a wide range of interdisciplinary resources Wearable Technology in Elite Sport reveals how wearable devices are used to quantify athletic bodies in ways that have a number of undesirable consequences for the embodied subject This book identifies some of the problematic consequences of excessive dataveillance in sport by interrogating the process by which wearable data is produced represented and enacted in the governance of athletic behaviour The book provides a set of conceptual resources for thinking critically about the powerful role played by measurement systems in shaping athletic embodiment The themes that this book examines include an exploration of how technological devices serve an important disciplinary function in elite sport and how wearable derived data might act to affect high level athletes The book is written in a lively and accessible style and appeals to a broad academic readership including undergraduate and postgraduate students in a range of fields including sports science coaching digital health sociology information studies and science and technology studies

ALIVE OR NOT ALIVE Niran Ojomo, MD , 2023-07-17 ALIVE OR NOT ALIVE In a world craving holistic well being Alive or not Alive takes readers on a transformative journey through the intricate workings of the mind body and soul This captivating book dives into the depths of cognitive physical emotional social environmental and financial wellness unveiling the secrets to unlocking one's true potential From the thought provoking Prologue The Mustard Seed to the enlightening Epilogue What Darwin Didn't know this comprehensive guide explores the fascinating realm of human existence In Part I Cognitive Wellness readers discover the power of good judgment the influence of biases on decision making and the truth behind the 10 per cent brain myth Part II Physical Wellness challenges conventional notions about sleep introduces dance as a path to staying sharp and reveals the surprising resilience of centenarian athletes Moving forever young into Part III Emotional Wellness the book delves into transformational effects of humor journaling and emotional health on overall well being Part IV Social Wellness explores the interconnectedness of community and the scientific approach to fostering meaningful relationships In Part V Environment Wellness readers are inspired to find their way towards sustainable living and embrace the power of light Finally Part VI Financial Wellness explores the intricate relationship between our financial health and overall well being revealing the secrets of a healthy financial brain Throughout the book captivating stories insightful anecdotes and compelling research come together to create a tapestry of knowledge that empowers readers to live their best lives ALIVE OR NOT ALIVE is an invitation to step into a world where mind body and

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